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Welcome new staff
and volunteers!

Happy Easter!

Participant Focus for April:

An eggstraordinarily hoppy gal!



The Friendly Flyer

Hamburg Adult Day Services
Newsletter

Volume 8, Number 4 April 1, 2004

April at a Glance

A month of fun and excitement

April is shaping up to be a very busy month. We already have a number of activities, outings, and visitors scheduled.

Participants will have an opportunity to do some shopping for Easter when Fowler's Chocolates visits our center on the 1st. We have been invited to a few events such as the performance of Pinocchio at Blasdel

**We will also
host our
annual
Volunteer
Recognition
Ceremony on
the 27th.**

Elementary, a
friendship day at
Orchard heights, and
hopefully a chance to
visit our friends at St.
Mary's School for the
Deaf. We will also host
our annual Volunteer
Recognition
Ceremony on the 27th,
as well as a Chinese

auction on the 23rd. Each week in April will
also feature at least one musical entertainer
for your listening pleasure.



This is simply a small sample of our calendar for April. We will also have our usual lunch outings and activities that we put on right here at our center. Remember to sign up early if you are interested in a particular day or event. Feel free to contact Randy at 646-0255 if you have any questions.

Reminder

The center will be closed on Friday
April 9th
Good Friday

Caregiver's Support Group
meets every 2nd Monday of
the month at 7:00 pm.

Newcomers are
encouraged to arrive at
6:30

Next Meeting: Apr. 12th

Caregivers Corner

Taking Care of Yourself Managing Anger

Anger occurs when we perceive something as unfair. Sometimes we are aware of angry feelings. Other times, we're not and the feelings show up as health symptoms-muscle tension, headaches, pain, or high blood pressure. If anger is affecting your well being:

- Find a physical outlet like yoga, swimming or housework
- "Take Ten"-breathe deeply, exhaling your feelings
- Write about your feelings in a journal
- Practice seeing humor in a situation
- Call a sympathetic friend to talk through your feelings.

Participant Focus

Colleen Margaret Carrigg

Our Participant Focus for April features Colleen Carrigg. Colleen was born in Lackawanna at Our Lady of Victory Hospital.

Colleen's Father had a good job with the Post Office which enabled the Conroy family to feed the less fortunate during the Great Depression.

She was born to William and Alma Conroy. Colleen is a graduate of Mt. Mercy Academy, and went on to attend college at Hilbert. Colleen's Father had a good job with the Post Office which enabled the

Conroy family to feed the less fortunate during the Great Depression. Some of Colleen's happiest memories are from the Conroy family summer home in Angola. Colleen married Paul Carrigg at St. Theresa's RC Church in South Buffalo. They have been married for over 37 years. Colleen and Paul have one daughter Kelly who lives in North



Carolina. Colleen is very proud of her daughter. Here at the Center Colleen expresses her creative side when it comes to crafts. She is also a very social lady. She likes to stay active and meet new people. It has been great getting to know you Colleen.

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Town Of Hamburg Senior
Services Dept.
Director: John Farrell
Liaison: Hon Mark Cavalcoti
Sr. Program Coordinator:
Shirley Spaulding
Program Coordinator:
Randall Hoak

Coming Next Month

-Mother's day Party
with entertainment by
Steve Meli

Welcome New Staff and Volunteers

We are pleased to announce that we have quite a few new faces here at the center. In the past couple of months we have hired two new program assistants. Marie Calabrese and Ashley Spaulding have joined our team here and we are very excited about working with them. Marie has been a Ceramics instructor here at the center for a number of years. Ashley comes to us from Frontier High School and will be with us through the summer before she goes off to college. Also Sharon Kucala has joined us as our afternoon receptionist. Sharon comes to us after a career with the telephone company. We are also excited to announce the arrival of two new volunteers. Chuck Jenkins will be helping out on Tuesdays, and Dorothy Hanson will be here on Fridays. It is absolutely wonderful to have these very talented individuals helping us out! Welcome!

Birthdays



April

Bill Ganey	4/4
Shirley Spaulding	4/5
Joe Wilczewski	4/6
Arlene Young	4/10
Zora Schultz	4/11
Jackie Monaco	4/21
Vera Beach	4/27
Joan Kruszka	4/28

Happy Birthday!

Outings

As the weather starts to get a little nicer we will be scheduling more outings. Please remember to let Randy know if you would like to join us for these outings. Remember we try to give everyone a chance to partake in these trips. We must plan well in advance for transportation and staffing, so please let us know if you would like to sign up for a specific trip.

Welcome New Participants!

Joe Wilczewski

Welcome!

Fowler's Visit	4/1
Dr. Webster	4/7
Ron Myers	4/12
Project Y.E.S.	4/13
Bingo Trip	4/14
Robin Miller	4/22
Chinese Auction	4/23
Volunteer Appreciation	4/27
Matter @ Hand	4/29
